

Calhoun County Schools

Secondary Lunch November 2022

Oct 6, 2022

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Monday	Tuesday	Wednesday	Thursday	Friday
	Nov - 1 Hamburger lettuce & tomato Corn Nuggets Green Beans Pears Milk Choice	Nov - 2 Chicken Penne Breadstick WW Carrots, Frozen Romaine Spinach Sala Ranch Dressing Packe Sorbet, Rasp Swirl, FR Sliced Peaches Milk Choice	Nov - 3 Pizza, Pepperoni 4x6 r Corn, Whole Kernel Romaine Spinach Sala Ranch Dressing Packe Applesauce Milk Choice	Nov - 4 Crispito Cheddar Cheese, Shre Pinto Beans RICE, Cooked Brown Chopped Romaine and Ranch Dressing Apple Milk Choice
Nov - 7 Cheeseburger Fries, oven cook straig California Vegetables Mandarin Oranges Cookie, Chocolate Chi Milk Choice	Nov - 8 Corndog Baked Beans Creamy Coleslaw Banana Brownie, WG Milk Choice	Nov - 9 Hot Deli Sub Sandwich Chips, Doritos COOL Apple Slices Carrot Sticks w/Dip Cookie, Chocolate Chi Milk Choice	Nov - 10 Thanksgiving Dinner	Nov - 11 Veterans' Day
Nov - 14 Crispito Cheddar Cheese, Shre Pinto Beans RICE, Cooked Brown Chopped Romaine and Ranch Dressing Apple Milk Choice	Nov - 15 Chicken Nuggets Mashed Potatoes Broccoli Peaches Whole Wheat Roll Milk Choice	Nov - 16 BBQ Pork Sandwich Creamy Coleslaw Baked Beans Oranges Fresh Milk Choice	Nov - 17 Hot Wings Romaine Spinach Sala Ranch Dressing Celery Sticks w/dip Carrot Sticks Tortilla Chips Pineapple Bread Stick Cookie, Sugar Milk Choice	Nov - 18 Chix Sandwich Green Beans Sweet Potatoes Fries Pears Cookie, Carnival Milk Choice
Nov - 21 Thanksgiving Holiday	Nov - 22 Thanksgiving Holiday	Nov - 23 Thanksgiving Holiday	Nov - 24 Thanksgiving Holiday	Nov - 25 Thanksgiving Holiday
Nov - 28 Pizza, Pepperoni 4x6 r Corn, Whole Kernel Romaine Spinach Sala Ranch Dressing Packe Applesauce Milk Choice	Nov - 29 Chicken Tenders Mashed Potatoes Glazed Carrots Whole Wheat Roll Pineapple Milk Choice	Nov - 30 Baked Potato BBQ Pork Cheddar Cheese, Shre Bacon Bits Tomatoes BBQ Sauce Broccoli Rolls, WW Mandarin Oranges Milk Choice		

Meals must have 1/2 cup fruit or vegetable.
Menu is subject to change.

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.